What is Heart Disease?

If you have had a heart attack or heart bypass surgery or if you have chest pain (angina), you have heart disease. Heart disease causes more deaths each year than any other disease.

Take care of your heart disease. Just follow the ABCs of heart care.

A is for

Aspirin and Angina (chest pain)

Take an Aspirin every day

Aspirin helps keep your blood from making clots. You are less likely to have a heart attack if you take an aspirin every day. Ask your doctor about taking an aspirin every day

Take medicine for Angina (chest pain)

You will have less chest pain if you take medicine the way your doctor tells you. If your medicine is too old it will not work. You should get new medicine every six months.

B is for

Blood Pressure and Beta Blockers (heart medicine)

Keep your Blood pressure low.

High blood pressure makes your heart work hard. High blood pressure can cause a heart attack, stroke or other health problems.

Keep your blood pressure low by:

- Taking your blood pressure medicine the way your doctor tells you.
- Eating less salty foods.
- Not drinking alcohol.
- Getting exercise every day.
- Losing weight if you need to.

- What is your blood pressure?
- When was the last time your doctor checked your blood pressure?

Ask about Beta blockers (heart medicine)

These medicines make your heart work less hard. Ask your doctor if you should take heart medicines like beta-blockers. Heart medicine may help you live longer and feel better.

C is for

Cholesterol and Cigarettes

Lower your Cholesterol

LDL is the bad kind of cholesterol. Cholesterol sticks on the inside of your arteries and makes it hard for blood to get through. If your heart doesn't get enough blood, you can have a heart attack.

You can help lower your bad (LDL) cholesterol if you:

- Take your medicines the way your doctor tells you.
- Eat low fat foods like vegetables and lean meats.
- Eat less high fat foods like fast foods, fried foods and baked foods.
- Exercise every day for at least 10 minutes.

- What is your LDL?
- When was the last time your cholesterol was checked?

If You Smoke, Quit Now

Smoking is bad for your heart. Smoking makes your heart work hard. When you quit smoking it helps your heart and lungs, even if you have smoked for a long time. Talk to your doctor about how to quit, or call the free Illinois Quitline at 1-866-784-8937 (TTY: 1-800-501-1068).

One more thing you can do to stay healthy

Ask your doctor about getting a flu shot. It is important for people with heart conditions to stay healthy. The vaccine does not cause the flu. Flu shots are paid for by your Illinois healthcare plan.

Taking Care of Your Heart Disease
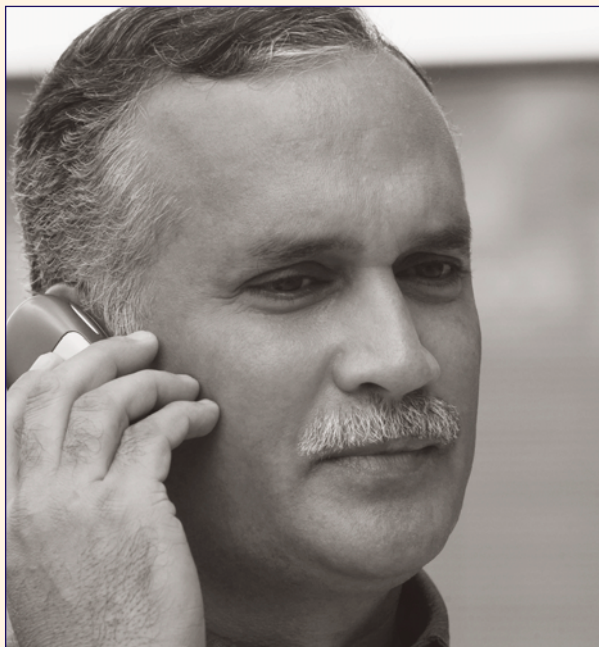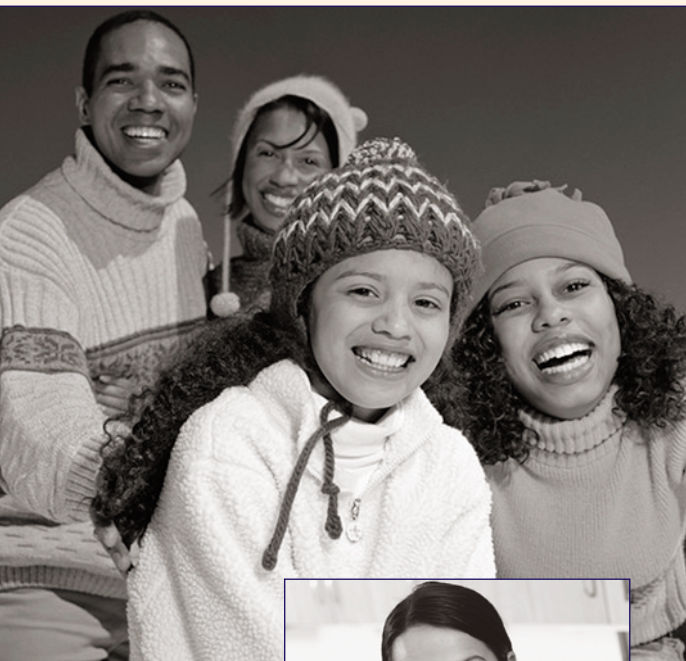
For More Information

Call **1-800-973-6792** to talk to a nurse at **Your Healthcare Plus™** if you have any questions or anytime you are sick or hurt. The nurses are always available and the call is free.

If you use a TTY, call 1-888-317-2697 or your local Telecommunications Relay Service to talk to a nurse.

To find out more about Your Healthcare Plus online, go to **www.yourhealthcareplus.com**.
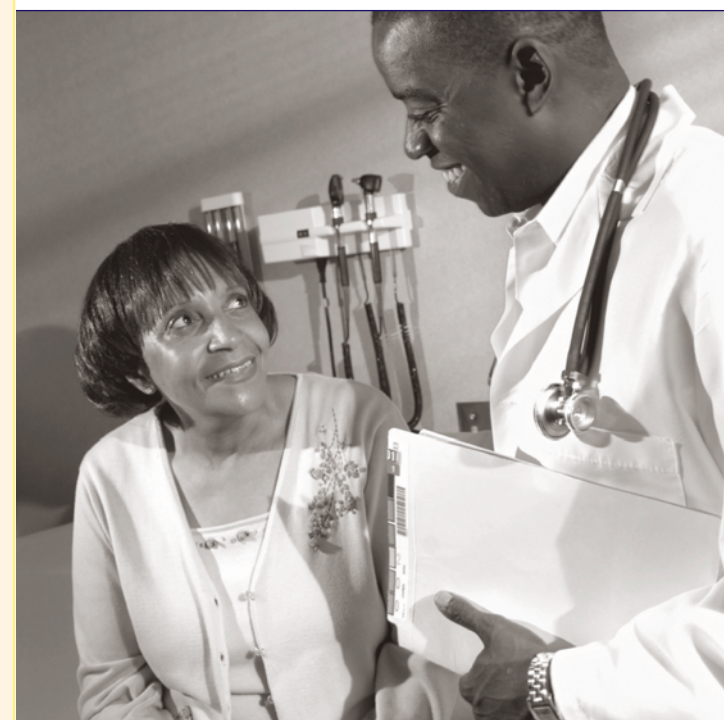
Your Healthcare *Plus* ™

Extra help for better health

a free benefit of

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Healthcare and
Family Services